



# JULY RECIPE PACK

*Discover 15 easy, healthy and tasty recipes, including breakfast, lunch, dinner, treat and smoothie options.*

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## RECIPE KEY

Look for these helpful icons throughout the file.

-  Gluten Free
-  Dairy Free
-  Low Carb (under 20g serving)
-  Meal Prep/Freezer Friendly
-  High Protein (over 20g per serving)
-  Vegetarian
-  Quick (under 30 mins)
-  Contains Nuts



# WEEKLY MEAL PLANNER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b> Chickpea & Egg Salad	<b>BREAKFAST</b> Chickpea & Egg Salad	<b>BREAKFAST</b> Green Overnight Oats	<b>BREAKFAST</b> Green Overnight Oats	<b>BREAKFAST</b> Quinoa, Egg & Salmon Breakfast Salad	<b>BREAKFAST</b> Quinoa, Egg & Salmon Breakfast Salad	<b>BREAKFAST</b> Coconut Porridge with Raspberries and PB Sauce
<b>LUNCH</b> Quinoa, Asparagus & Radish Tabbouleh	<b>LUNCH</b> Quinoa, Asparagus & Radish Tabbouleh	<b>LUNCH</b> Leftover Garlic Mushroom & Chicken Stir Fry	<b>LUNCH</b> Green Bean & Roasted Beets Balsamic Salad	<b>LUNCH</b> Green Bean & Roasted Beets Balsamic Salad	<b>LUNCH</b> High Protein Chicken Salad	<b>LUNCH</b> Caprese Salad
<b>SNACK</b> E.g. Banana Coffee Smoothie, Best Carrot Cake, Blueberry Frozen Yogurt	<b>SNACK</b> E.g. Banana Coffee Smoothie, Best Carrot Cake, Blueberry Frozen Yogurt	<b>SNACK</b> E.g. Banana Coffee Smoothie, Best Carrot Cake, Blueberry Frozen Yogurt	<b>SNACK</b> E.g. Banana Coffee Smoothie, Best Carrot Cake, Blueberry Frozen Yogurt	<b>SNACK</b> E.g. Banana Coffee Smoothie, Best Carrot Cake, Blueberry Frozen Yogurt	<b>SNACK</b> E.g. Banana Coffee Smoothie, Best Carrot Cake, Blueberry Frozen Yogurt	<b>SNACK</b> E.g. Banana Coffee Smoothie, Best Carrot Cake, Blueberry Frozen Yogurt
<b>DINNER</b> Tomato Risotto	<b>DINNER</b> Garlic Mushroom & Chicken Stir Fry	<b>DINNER</b> Chicken & Zucchini Green Curry	<b>DINNER</b> Chicken & Zucchini Green Curry	<b>DINNER</b> Mexican Beef Mince	<b>DINNER</b> Meal Out – Enjoy!	<b>DINNER</b> Mexican Beef Mince

# WEEKLY SHOPPING LIST

## FRUIT & VEGETABLES

### *Fresh*

- 2x wild rockets
- avocado
- 2x lemons
- 2x bananas
- spinach
- raspberries
- asparagus
- radishes
- 7x tomatoes
- cucumber
- 6x onions
- 1x bulb garlic
- spring onions
- 4x beets
- green beans
- 2x box cherry tomatoes
- 1x apple
- red grapes
- green bell pepper
- 8 oz. (250g) mushrooms
- 1x zucchini
- 3x carrots

### *Dried*

- cranberries

### *Frozen*

- blueberries

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## MEAT, DAIRY & GRAINS

### *Meats*

- roasted chicken breast
- 1 lb. (450g) chicken thighs
- 1 lb. (450g) chicken breast
- 1.1 lb. (500g) lean beef mince

### *Fish & Seafood*

- smoked salmon

### *Dairy*

- butter
- mini mozzarella
- 2x regular mozzarella
- Philadelphia cream cheese
- 0% fat Greek yogurt

### *Non-Dairy*

- 8x eggs
- coconut milk
- almond milk

### *Grains*

- quinoa
- porridge oats
- rolled oats
- risotto rice (arborio)

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## SEEDS, BAKING & SPICES

### *Nuts & Seeds*

- pine nuts
- walnuts

### *Baking*

- desiccated coconut
- all-purpose wheat flour
- baking powder
- baking soda
- cocoa powder

### *Spices*

- garlic powder
- oregano
- Italian seasoning
- onion powder
- paprika
- cinnamon
- ground cumin
- ground coriander
- hot paprika

### *Fresh Herbs*

- 2x parsley
- 2x basil
- coriander

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## CANS, CONDIMENTS & MISC

### *Oils*

- olive oil

### *Sweeteners*

- coconut sugar
- honey
- powdered sugar
- maple syrup

### *Cans & Condiments*

- chickpeas
- mayonnaise
- capers
- Dijon mustard
- 2x coconut milk
- peanut butter
- balsamic vinegar
- roasted red peppers
- green curry paste
- black beans
- passata
- chopped tomatoes
- pineapple

### *Other*

- whey protein (or vegan)
- chicken stock
- vegetable stock
- white wine (dry)
- espresso

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**QUINOA, EGG & SALMON  
BREAKFAST SALAD**

# QUINOA, EGG & SALMON BREAKFAST SALAD



Serves: 2  
Prep: 10 mins  
Cook: 5 mins



Nutrition per  
serving:  
394 kcal  
24g Fats  
26g Carbs  
20g Protein



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## WHAT YOU NEED

- 1 cup (185g) quinoa, cooked
- 2 oz. (60g) wild rocket
- 1 avocado, cubed
- 1 tbsp. lemon juice
- 2 tbsp. chopped parsley
- 2 oz. (60g) smoked salmon
- 1 tsp. olive oil
- 2 eggs, fried

## WHAT YOU NEED TO DO

*In a bowl, mix the quinoa with rocket, parsley, and lemon juice. Add the cubed avocado and smoked salmon and mix. Then divide between 2 serving dishes.*

*Heat the olive oil in the pan over medium heat and fry the eggs, once cooked, place an egg on each of the salads, season with salt & pepper, and serve.*





## **CHICKPEA & EGG SALAD**

# CHICKPEA & EGG SALAD



Serves: 4  
Prep: 10 mins  
Cook: 5 mins



Nutrition per  
serving:  
241 kcal  
16g Fats  
8g Carbs  
11g Protein



## WHAT YOU NEED

- 4 eggs
- 14 oz. (400g) can chickpeas, drained and rinsed
- 4 tbsp. mayonnaise
- 2 spring onions, chopped
- 2 tbsp. capers, drained
- 1 tbsp. Dijon mustard

## WHAT YOU NEED TO DO

*Cook the eggs in water until hard-boiled, around 5 minutes. Once cooked, rinse with hot water and chop.*

*In a large bowl, mash chickpeas with a fork. Add chopped eggs and stir to combine. Next, stir in mayonnaise, spring onions, capers, mustard, and season with salt & pepper.*

*Serve on its own, over lettuce leaves, or on bread.*





## **GREEN OVERNIGHT OATS**

# GREEN OVERNIGHT OATS



Serves: 2  
Prep: 5 mins  
Chill: 4 hrs



Nutrition per  
serving:  
316 kcal  
6g Fats  
52g Carbs  
17g Protein



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## WHAT YOU NEED

- $\frac{3}{4}$  cup (180ml) coconut milk, carton
- 1 medium banana
- 2 big handfuls spinach
- 1 scoop (25g) vanilla whey protein
- 1 cup (100g) oats

## WHAT YOU NEED TO DO

*Place the milk, banana, spinach, and protein powder in a blender and blitz until smooth.*

*Place the oats in a tub and pour the spinach mixture over them. Stir to mix, then cover and refrigerate for at least 4 hours or up to overnight, before serving.*





**COCONUT PORRIDGE WITH  
RASPBERRIES & PB SAUCE**

# COCONUT PORRIDGE WITH RASPBERRIES & PB SAUCE



Serves: 2  
Prep: 5 mins  
Cook: 5 mins



Nutrition per serving:  
427 kcal  
24g Fats  
43g Carbs  
12g Protein



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## WHAT YOU NEED

- 1 cup (100g) oats
- 1 cup (235ml) water
- $\frac{2}{3}$  cup (160ml) canned coconut milk
- $\frac{1}{2}$  tsp. sugar or any sweetener
- pinch of salt
- $\frac{1}{2}$  cup (65g) raspberries

### For the PB Sauce:

- 2 tbsp. peanut butter
- 4 tbsp. warm water
- pinch of salt

## WHAT YOU NEED TO DO

*Add the oats, coconut milk, water, sugar, and salt to a small pot. Bring everything to a boil and then simmer over low heat without mixing for 5-7 minutes, or until the porridge thickens.*

*In the meantime, mix peanut butter with water and salt, then crush the raspberries in a different bowl.*

*Place the porridge in a bowl, top with a tablespoon of the peanut butter sauce and crushed raspberries. This can be served hot or cold.*





**QUINOA, ASPARAGUS &  
RADISH TABBouleH**

# QUINOA, ASPARAGUS & RADISH TABBOULEH



Serves: 6  
Prep: 10 mins  
Cook: 15 mins



Nutrition per serving:  
220 kcal  
11g Fats  
26g Carbs  
6g Protein



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## WHAT YOU NEED

- 1 cup (170g) raw quinoa
- 12 spears asparagus, chopped
- 6 radishes, diced
- 2 medium tomatoes, diced
- 1 cucumber, core removed, chopped
- 1 small onion, diced
- 2 spring onions, sliced
- 4 tbsp. olive oil
- 1 tbsp. lemon juice
- 0.5 oz. (15g) parsley, chopped
- 1 clove garlic, minced

## WHAT YOU NEED TO DO

*Cook the quinoa according to instructions on the packaging, then set aside and cool.*

*Break off and discard hard ends of the asparagus. Boil the remaining for 2 minutes and then place immediately in cold water. Slice diagonally and place in a bowl. Add in the radishes, tomatoes, onion, spring onion and cucumber.*

*Mix olive oil with lemon juice, chopped parsley, garlic, season with salt and pepper. Drizzled over the vegetables, add cooled quinoa and mix. Season with more salt and pepper if necessary. Add more lemon juice to suit your liking.*





**GREEN BEAN & ROASTED  
BEETS BALSAMIC SALAD**

# GREEN BEAN & ROASTED BEETS BALSAMIC SALAD



Serves: 4  
Prep: 30 mins  
Cook: 35 mins



Nutrition per serving:  
367 kcal  
26g Fats  
27g Carbs  
10g Protein



## WHAT YOU NEED

### For the salad:

- 4 beets
- 1 tbsp. olive oil
- 8 oz. (230g) green beans, trimmed, cut in half
- 2 cups (300g) cherry tomatoes, halved
- 1 small onion, diced
- ½ cup (60g) dried cranberries
- 2 oz. (60g) wild rocket
- 4 ½ oz. (125g) mini mozzarella balls, halved
- ¼ cup (35g) pine nuts, toasted

### For the dressing:

- 3 tbsp. olive oil
- 2 tbsp. balsamic vinegar
- 2 tbsp. lemon juice
- 1 tbsp. Dijon mustard
- 1 tsp. honey
- 2 tbsp. basil, chopped
- ½ tsp. garlic powder
- ½ tsp. salt
- ½ tsp. pepper

## WHAT YOU NEED TO DO

Preheat oven to 400°F (200°C). Peel the beets and cut them into 1- 1 ½ inch chunks. Place them on a lined baking sheet and drizzle with 1 tablespoon of olive oil. Season with salt and pepper. Roast for 35 minutes or until the beets are tender.

In the meantime, prepare the rest of the salad. Add all of the dressing ingredients to a bowl and mix well. Refrigerate until needed.

Bring a large pot of water to a boil and cook the green beans for 2-3 minutes, until tender-crisp, then transfer to a large serving bowl.

Combine green beans with tomatoes, beets, onion, cranberries, mozzarella and pine nuts. To serve, drizzle with the dressing and season with more salt and pepper to taste.





**HIGH PROTEIN  
CHICKEN SALAD**

# HIGH PROTEIN CHICKEN SALAD



Serves: 4  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
315 kcal  
14g Fats  
9g Carbs  
35g Protein



## WHAT YOU NEED

- 1 lb. (450g) roasted chicken breast, shredded
- 1 small onion, chopped
- ½ apple, chopped
- ⅔ cup (100g) red grapes, halved
- 4 tbsp. mayonnaise
- 2 tbsp. lemon juice
- ½ tsp. garlic powder

## WHAT YOU NEED TO DO

*In a large bowl, combine shredded chicken, onion, apple, grapes, mayonnaise, lemon juice, and garlic powder. Season to taste with salt and pepper and mix well until combined.*

*Serve as a sandwich filling, over lettuce leaves, or a jacket potato.*





## **CAPRESE SALAD**

# CAPRESE SALAD



Serves: 4  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
346 kcal  
27g Fats  
6g Carbs  
20g Protein



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## WHAT YOU NEED

- 1 tbsp. parsley, finely chopped
- ¼ tsp. oregano, dried
- 1 tbsp. capers, drained
- 1 clove garlic, minced
- 2 tbsp. olive oil
- 1 lb. (450g) mozzarella, sliced
- 2 large tomatoes, sliced
- 0.5 oz. (15g) basil, leaves only
- 4 oz. (115g) roasted red peppers, drained and sliced

## WHAT YOU NEED TO DO

*In a small bowl, mix parsley, oregano, capers, garlic, and olive oil. Season to taste with salt and pepper.*

*On a serving platter, arrange mozzarella slices and tomato slices in alternating layers. Add a basil leaf between each layer—top everything with roasted red peppers and drizzle with the dressing.*

*Serve straight away or store in the fridge until needed.*



# **GARLIC MUSHROOM & CHICKEN STIR-FRY**



# GARLIC MUSHROOM & CHICKEN STIR-FRY



Serves: 4  
Prep: 10 mins  
Cook: 20 mins



Nutrition per  
serving:  
292 kcal  
20g Fats  
6g Carbs  
23g Protein



## WHAT YOU NEED

- 1 tbsp. olive oil
- 1 lb. (450g) chicken thighs, chopped
- 2 tsp. Italian seasoning
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ½ tsp. paprika
- 2 tbsp. butter
- 1 small onion, chopped
- 4 cloves garlic, minced
- 1 green bell pepper, chopped
- 8 oz. (250g) mushrooms, sliced
- 2 tbsp. parsley, chopped

## WHAT YOU NEED TO DO

*Heat the olive oil in a large pan over medium-high heat and add the chicken. Season with salt and pepper, Italian seasoning, garlic powder, onion powder, and paprika. Mix well and cook for 5-6 minutes until chicken is browned. Then, remove it from the pan and set aside.*

*In the same pan, heat the butter and add the onion and garlic, cooking for 3-4 minutes until it is fragrant. Next, add in the mushrooms and bell pepper, continue cooking for another 4-5 minutes, until soft.*

*Add the chicken back to the pan and mix well with the vegetables. Continue cooking for another 2 minutes. At the end of cooking, sprinkle with the parsley and adjust seasoning if needed.*

*Serve on its own or with a portion of rice.*





**CHICKEN & ZUCCHINI  
GREEN CURRY**

# CHICKEN & ZUCCHINI GREEN CURRY



Serves: 4  
Prep: 5 mins  
Cook: 15 mins



Nutrition per serving:  
259 kcal  
11g Fats  
8g Carbs  
31g Protein



## WHAT YOU NEED

- 1 small onion, sliced
- 1 cup (240ml) coconut milk, canned
- 2 tbsp. green curry paste, or more/less to taste
- 1 cup (240ml) chicken stock
- 1 lb. (450g) chicken breast, cut into bite-size pieces
- 1 large zucchini, chopped
- 3-4 handfuls spinach
- coriander leaves, to serve

## WHAT YOU NEED TO DO

*Place 2 tablespoons of coconut milk into a wok or large pan and add the onion. Cook for about 2 minutes, stirring occasionally. Then add green curry paste, mix well, and cook for another 2 minutes.*

*Add in the stock and the rest of the coconut milk, mix it, and bring it to a boil over high heat.*

*Next, add the chicken breast and cook for 5 minutes, then add the zucchini and cook for another 4 minutes, stirring constantly.*

*Lastly, add in the spinach and cook until wilted, for 1-2 minutes. Sprinkle with coriander leaves to serve.*

*Best paired with a portion of jasmine rice.*



A close-up photograph of a white ceramic bowl filled with tomato risotto. The risotto is a creamy, orange-red color, garnished with several bright red cherry tomatoes and a small sprig of fresh green basil. The bowl is set on a light-colored surface, and a portion of a white napkin and a silver fork is visible in the background. A semi-transparent white rectangular box is overlaid on the right side of the image, containing the text 'TOMATO RISOTTO' in bold black capital letters.

# TOMATO RISOTTO

# TOMATO RISOTTO



Serves: 2  
Prep: 10 mins  
Cook: 45 mins



Nutrition per  
serving:  
308 kcal  
2g Fats  
57g Carbs  
7g Protein



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## WHAT YOU NEED

- 1 cup (150g) cherry tomatoes
- 3 tsp. olive oil
- 1 onion, chopped
- 1 clove garlic, sliced
- 1/8 tsp. cinnamon
- 1/2 cup (90g) risotto rice, for example, arborio
- 1/2 cup (120ml) dry white wine, optional
- 1 large basil sprig
- 3 large tomatoes, diced
- 3 cups (720ml) vegetable stock

## WHAT YOU NEED TO DO

Heat 2 tsp. oil in a large pan over medium heat, add the cherry tomatoes and fry them until they turn golden and start cracking for about 5-7 minutes. Once cooked, remove from the pan and set aside.

In the same pan, heat another 1 tsp. of oil and add onions, garlic, and cinnamon. Fry for 1-2 minutes and then add the rice, mixing well until combined. Next, add the basil sprig and white wine.

When the wine evaporates, add the chopped tomatoes, season with salt, and simmer on medium heat for 5 - 8 minutes - after this pour in the first portion of the stock. Keep adding the stock as needed, stirring frequently. This process will take about 15-18 minutes. The risotto is ready when the rice is slightly al dente.

Once prepared, add the cherry tomatoes back to the prepared risotto, season with salt and pepper, and serve immediately.



# MEXICAN BEEF MINCE



# MEXICAN BEEF MINCE



Serves: 4  
Prep: 5 mins  
Cook: 25 mins



Nutrition per  
serving:  
26g kcal  
8g Fats  
18g Carbs  
33g Protein



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## WHAT YOU NEED

- 1 tsp. olive oil
- 1 onion, diced
- 1.1 lb. (500g) lean beef mince
- 14 oz. (400g) can black beans, drained
- 1 cup (240ml) passata
- ½ cup (120ml) chopped tomatoes, canned
- ½ cup (120ml) water

### Spices:

- ½ tsp. sugar
- ½ tsp. garlic powder
- 1 tsp. oregano
- 2 tsp. ground cumin
- ½ tsp. paprika
- 1 tsp. ground coriander
- 1 tsp. hot paprika

## WHAT YOU NEED TO DO

*Heat the olive oil in the pan over medium heat and fry onions until fragrant, about 3-4 minutes.*

*Add in the minced beef and cook for 4-5 minutes, until browned. Add in all the spices to the pan and fry for another 5 minutes, stirring frequently.*

*Next, add the beans, passata, chopped tomatoes, and water. Cook on low-medium heat for 10 minutes—season with more salt and pepper to taste if necessary.*

**Serving suggestion:** *mashed avocado, natural yogurt, rice*





**BEST CARROT CAKE**

# BEST CARROT CAKE



Serves: 16  
Prep: 20 mins  
Cook: 60 mins



Nutrition per  
serving:  
279 kcal  
17g Fats  
30g Carbs  
3g Protein



## WHAT YOU NEED

### For the cake:

- 2 eggs
- 1 cup (200g) coconut sugar
- scant  $\frac{2}{3}$  cup (150ml) olive oil
- 3 large carrots, finely grated
- $\frac{3}{8}$  cup (50g) walnuts, chopped + more to garnish
- $\frac{3}{8}$  cup (75g) pineapple, finely chopped (fresh or canned)
- $\frac{1}{2}$  cup (50g) desiccated coconut
- 2 cups (200g) all-purpose wheat flour, sifted
- $\frac{1}{2}$  tsp. baking powder
- 1 tsp. baking soda
- 2 tsp. cinnamon
- pinch of salt

### For the frosting:

- 4  $\frac{1}{2}$  oz. (130g) Philadelphia cream cheese
- $\frac{1}{4}$  cup (50g) butter, soft
- 4 tbsp. powdered sugar or other sweeteners

## WHAT YOU NEED TO DO

Keep the eggs at room temperature. Whisk them with a hand blender until they are double the volume. Add sugar and continue to whisk until the mass is smooth and fluffy. Still whisking at high speed, slowly pour the oil, then transfer into a bowl.

Add in the grated carrots, pineapple, walnuts, coconut and mix gently. Pre-heat the oven to 300°F (150°C).

Sift flour into a separate bowl, add baking powder, soda, cinnamon, and salt, then mix well. Fold in with the carrot mixture and gently combine all ingredients.

Transfer the dough into a 9 inch (24cm) cake tin lined with baking paper. Bake for 1 hour or an inserted skewer comes out clean. Let the cake cool completely before covering with frosting.

### To make the frosting:

While the cake is baking, beat the cream cheese together with the soft butter and powdered sugar. Place in the fridge until ready to use.

Cut the completely cooled cake horizontally into two parts. Cover the bottom part with  $\frac{1}{3}$  of the frosting and then place the other piece of the cake back on top. Spread the remaining frosting over the top of the cake. Garnish with walnuts (optional).

Store in the fridge.





**BLUEBERRY  
FROZEN YOGURT**

# BLUEBERRY FROZEN YOGURT



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
162 kcal  
0g Fats  
37g Carbs  
5g Protein



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## WHAT YOU NEED

- 2 cups (28g) blueberries, frozen
- 1/3 cup (80g) 0% fat Greek yogurt
- 2 tbsp. maple syrup
- 2 tsp. lemon juice

## WHAT YOU NEED TO DO

*Place all the ingredients in a food processor or blender and mix until smooth. Serve immediately with your favorite toppings.*





**BANANA  
COFFEE SMOOTHIE**

# BANANA COFFEE SMOOTHIE



Serves: 1  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
387 kcal  
15g Fats  
52g Carbs  
8g Protein



## WHAT YOU NEED

- ¼ cup (30g) rolled oats
- 1 cup (240ml) unsweetened almond milk
- ¼ cup (60ml) espresso
- 1 tbsp. cacao powder
- 1 banana
- ⅛ cup (15g) walnuts, chopped

## WHAT YOU NEED TO DO

*Place all ingredients in a blender and blend until smooth.  
Serve straight away.*

